

Picnic Faire

for anywhere





As sunny skies beckon you out-of-doors for a hike, a swim, or to exercise your green thumb... then a gay picnic is in order. Picnics can also mean the crackle of a twilight campfire in autumn... the fun of shoveling snow aside for a cook-out on a winter day... the blended aroma of food and a fresh spring breeze... or summer... those wonderful, incandescent days that demand a picnic any time... anywhere.

Whether your plans call for campfire foods or prepared-at-home "take-out" meals... this booklet presents a variety of fun-foods to arouse and satisfy family appetites. Butter-seasoned dishes, barbecued meats, salads and casseroles enriched with milk and cheese... along with ice cream desserts and refreshingly different milk drinks are offered here for your picnic pleasure.

The menu suggestions and notes to an outdoor chef will make your picnic or patio meal planning easier. Practical hints are given on how to carry and keep perishable foods fresh and cold... right to the picnic site... all to make it easier for you to...

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Cook it There

Brown It In Butter...

Butter gives outdoor foods a special zest. Use it where its flavor counts and with herbs or other seasonings to taste.

herbed fish filets

1/2 cup (1 stick) butter	1/2 teaspoon marjoram
2 large cloves garlic, thinly sliced	Salt and pepper as desired
1 teaspoon basil leaves	1 1/2 pounds cleaned fish filets

Melt butter in skillet; sauté garlic and remove. Stir in seasonings. Cook fish filets until tender, turning to brown on both sides. Makes 6 servings.

hot shrimp appetizers Follow the above recipe using 1/2 recipe of first six ingredients and substituting 1 pound cooked, cleaned fresh shrimps for the fish. Makes 6 servings.

potatoes de luxe

6 cups coarsely chopped, cooked potatoes	1 teaspoon salt
1 tablespoon flour	1/4 teaspoon nutmeg*
	1/4 cup (1/2 stick) butter
	2 cups light cream

Mix potatoes, flour and seasonings. Melt butter in large skillet. Blend in potatoes. Stir in cream; cook and stir until thickened. Makes 6 servings.

*If preferred, 1 tablespoon chopped parsley or 1 teaspoon minced chives may replace nutmeg.

cheese stuffed burgers

2 pounds ground beef	1/8 teaspoon pepper
1/2 cup minced onion (about 1 medium-sized)	1/2 pound sliced sharp American cheese
2 teaspoons salt	3 tablespoons butter

Mix together beef, onion, salt and pepper. Shape into 16 thin patties. Cut 1/2 of cheese into eight 2-inch square slices. Cut remaining cheese into 16 narrow strips. Top 8 meat patties with a square of cheese, cover with second meat patty and seal edges. Brown burgers in butter on one side; turn. Before removing burgers from pan, place 2 strips of cheese criss-cross on each patty and heat until softened. Makes 8 burgers.

blue cheese burgers Prepare as above using 1/4 pound crumbled Blue cheese as filling.



Barbecue It Over Coals...

Take along plenty of charcoal or for a quick hot wood fire use birch, or dry hard maple, and for long-lived coals use dry oak, elm, pine or hickory.

barbecue spread

Brush this nippy blend of butter, herbs and spices on meat before broiling.

1/2 cup (1 stick) very soft butter	1/2 teaspoon mustard
1/2 teaspoon salt	1/4 teaspoon garlic salt
1/2 teaspoon paprika	1 tablespoon catsup
1/2 teaspoon chili powder	Dash of Tabasco
1/2 teaspoon cayenne	2 tablespoons minced green onions

Blend ingredients together. Makes 1/2 cup spread.

NOTE: If a less nippy spread is desired, reduce cayenne, chili powder and mustard to 1/4 teaspoon each, and omit Tabasco.

barbecued spareribs Allow 1 pound spareribs per person; cut into serving portions. Place in a large pan, cover with water and cook until tender, about 1 hour. Drain and store in refrigerator until ready to grill. To barbecue: brush with Barbecue Spread; heat and brown over glowing coals, about 30 minutes. Turn frequently during cooking, brushing each time with additional spread. Ribs are done when meat is loose on ribs.

barbecued hot dogs Make several diagonal slashes in each hot dog. Melt Barbecue Spread in skillet to about 1/4-inch depth. Add hot dogs, turn frequently until thoroughly heated and coated with sauce.

barbecued chicken halves Cut cleaned broiler chickens into halves; brush with spread. Place pieces skin side up on grill. Turn occasionally and baste frequently with spread. Cooking time is about 30 minutes depending on size of broiler and heat used.

barbecued chuck steak Use a 2-inch thick slice of chuck. Sprinkle with meat tenderizer on both sides, cover and let stand at room temperature about 1/2 hour. Brush with Barbecue Spread and cook over glowing coals in covered grill 20-30 minutes per side. Brush with spread frequently. If covered grill is not available, steak may be cooked in or on foil, on top of grill.

Cook It In A Skillet...

An old-fashioned pan that is the modern camper's best friend.

cheese and bean skillet

1 medium onion, thinly sliced	2 tablespoons brown sugar
2 tablespoons butter	2 teaspoons dry mustard
4 cans (17 oz. each) pork and beans (8 cups)	1 teaspoon celery salt, optional
1/2 cup catsup	1/2 pound sharp American cheese, sliced

Sauté onions in butter until tender. Stir in beans, catsup, sugar and seasonings. Cook slowly about 20-25 minutes. Just before serving top beans with cheese slices. Cover and let cheese soften. Makes 6 servings.

camper's corn chowder

4 strips bacon	2 cups milk
1/2 cup chopped onion (about 1 medium-sized)	1 teaspoon salt
2 1-lb. cans (about 2 cups each) cream-style corn	1/4 teaspoon pepper
	1/4 cup butter

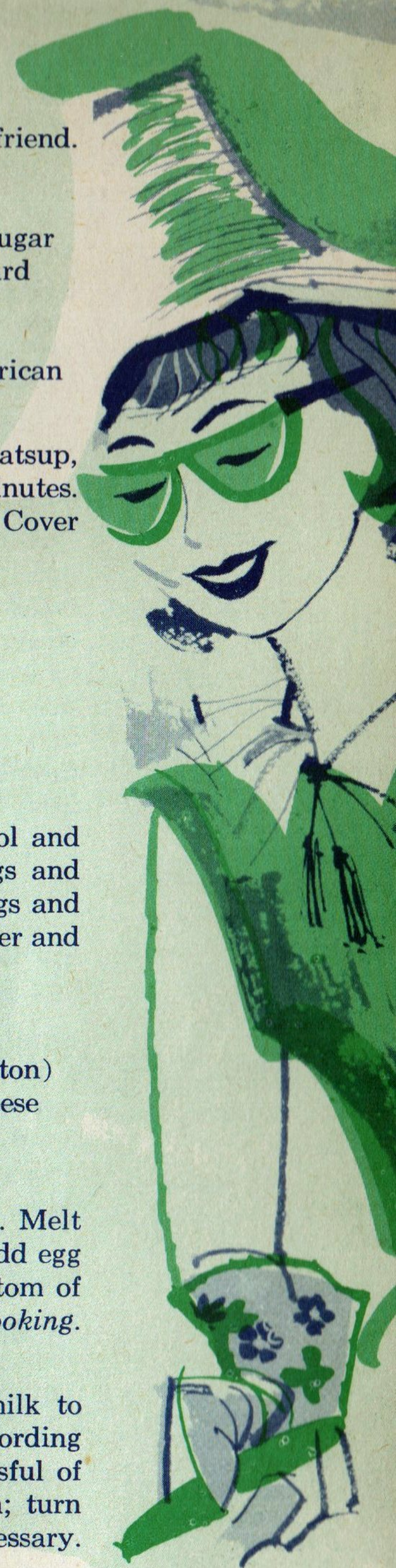
Fry bacon until crisp. Remove from drippings; cool and crumble. Add onions to 2 tablespoons of drippings and cook until transparent. Stir in corn, milk, seasonings and crumbled bacon. Heat, stirring constantly. Add butter and stir until melted. Makes 6 servings.

egg and cheese scramble

12 eggs, slightly beaten	1 1/2 cups (1 12-oz. carton) creamed cottage cheese
1/2 teaspoon salt	2 tablespoons butter
1/8 teaspoon pepper	1/3 cup chopped green pepper

Mix together eggs, salt, pepper and cottage cheese. Melt butter in skillet; cook green pepper until tender. Add egg mixture. Cook over low heat, stirring up from bottom of pan, until eggs are firm, but moist. *Avoid overcooking.* Serve on hot toast. Makes six servings.

fried biscuits Take prepared biscuit mix and milk to breakfast cookout. Prepare drop biscuit dough according to package instructions. Drop medium-sized spoonful of dough into hot buttered skillet. Bake until golden; turn and bake on other side, adding more butter if necessary. Serve hot with Honey Butter.



Wrap It In Foil...

Make tight double folds at the side (not the center) of each package—to make turning for even cooking easier and safer. Since cooking times depend upon the hotness of the coals and the distance of food from fire, no exact timetable for foil-cooking can be given. Coals are at “cooking heat” when gray-white in color.

cheese-crust stuffed fish filets

3 pound whole fish, scaled, cleaned and boned	1 teaspoon salt
1/2 cup (1 stick) butter	Dash of pepper
1/2 cup chopped onion (about 1 medium-sized)	2 cups bread torn into small flakes
1/4 cup chopped green pepper	6 tablespoons grated American cheese

Cut fish into 6 pieces. Melt 1/3 cup butter. Sauté onion and green pepper until tender; fold in seasonings and bread. Tear off 6 large rectangles of aluminum foil. Spread center of each square with butter and sprinkle with 1 tablespoon of cheese. Place a piece of fish on cheese, skin side down; cover with 1/4 cup stuffing. Wrap fish in a tight flat foil package. Grill 3 to 4 inches above coals; turn once. (Cook about 10-12 minutes per side.) Serve from foil. Makes 6 servings.

herb buttered tomatoes Wash, dry and remove stem ends (core) from tomatoes. Cut in quarters halfway through. Sprinkle with salt, pepper, and basil; fill with a teaspoon of butter. Wrap securely in foil. Place over low heat on grill and cook until tender, about 15 to 20 minutes.

other vegetables cooked in foil At home place a block of frozen vegetables on a large square of foil. Spread with soft butter and sprinkle with salt and pepper. Seal package tightly to take to picnic. Grill over medium hot coals; turn several times; unfold foil to test for doneness after package cooking time has elapsed; continue cooking until tender. For large groups, cook several vegetables, then combine as a vegetable medley.

crispy breads Cut a loaf of French bread into thick diagonal slices, leaving attached at bottom. Spread with a seasoned butter. Wrap loaf in foil. Place over low heat for 5 to 10 minutes, or until heated through. Serve from foil.

garlic-cheese: Blend 1/2 cup (1 stick) soft butter, 1 clove garlic, minced, and 1 ounce Blue cheese, crumbled.

curry: Blend 1/2 cup (1 stick) soft butter, 1/2 teaspoon curry powder.

celery-herb: Blend 1/2 cup (1 stick) soft butter, 1/2 teaspoon celery seed, 1/2 teaspoon basil.

You can take it with you...

Milk Is A Good Companion...

Milk complements all kinds of picnic foods, and picnickers' hearty appetites call for a refreshing beverage. So take this nourishing food to your picnic in its unopened, original container. Keep it cold by packing in an insulated carrier, along with a plastic bag full of ice cubes; or wrap it in plenty of newspaper, with a can or two of frozen “canned ice.”

Mix It In A Shaker...

For an outdoor snack or picnic treat, try one of these flavored milk drinks. Pre-mix at home in a shaker or glass jar with a tight cap. Keep cold and re-shake vigorously before serving.

curried tomato appetizer Combine 2 cups cold milk, 2 cups cold tomato juice, 1 teaspoon curry powder, a dash of salt and 1 teaspoon Worcestershire sauce. Makes 6 servings.

buttermilk fruit quench Combine 2 cups cold buttermilk, 2 cups cold orange juice, a dash of salt and 2 tablespoons sugar. Makes 6 servings.

coffee almond cooler Combine 1 quart cold milk, 2 tablespoons instant coffee, 1/4 cup brown sugar, a dash of salt and a few drops of almond extract. Makes 6 servings.

for those who like it hot and those who'd have it frosty...

hot brownie milk Place in a saucepan: 1 quart chocolate milk, 1/2 teaspoon cinnamon and a dash of salt. Heat and stir over low heat until cinnamon is blended and milk is thoroughly heated. Pour into cups. Makes 6 servings.

frosty fruit shrub In a blender or with a rotary beater, blend 1 6-ounce can frozen pineapple juice concentrate (partially thawed) and 2 cups cold milk. Add a dash of salt and 2 more cups cold milk and beat until smooth. Pour into tall glasses; top with a scoop (about 1/6 pint) of orange sherbet. Makes 6 servings.



Casseroles To Carry...

- to the woods • to the mountains • to the beach
- to the park • to your own back yard... for feast and fun

patio chicken 'n mushrooms

Perfect choice for a party picnic, this simple to make chicken has melt-in-the-mouth flavor.

1 frying chicken, cut into serving pieces	Salt and pepper
1/2 cup milk	1/2 cup (1 stick) butter
1/4 cup flour	1/2 pound (1 cup) mushrooms, sliced
	2 cups dairy sour cream

Dip chicken pieces in milk and dredge with flour seasoned with salt and pepper. Melt butter in heavy skillet. Brown chicken in hot butter and remove to casserole. Sauté mushrooms in hot butter for about 5 minutes; spoon over chicken pieces in casserole. Cover chicken and mushrooms with sour cream. Bake in a slow oven, 325°, about 30 minutes, until tender. Serve at picnic table, directly from casserole. Makes 4 servings.

meat ball and lima casserole

This economical casserole has an unusual flavor tang.

2 packages frozen lima beans

Sauce

1/4 cup butter
3 tablespoons flour
2 tablespoons sugar
1½ teaspoons dry mustard
1 teaspoon salt
1/8 teaspoon pepper
2 cups buttermilk

Meat Balls

1 pound ground beef
1/2 cup milk
1 egg, slightly beaten
1/2 cup rolled oats
1/4 cup minced onion
3/4 teaspoon salt
1/8 teaspoon pepper

Place frozen lima beans in bottom of 1½-quart casserole, separating beans. Melt butter in saucepan over low heat; blend in flour, sugar and seasonings. Add buttermilk, stirring constantly. Cook until sauce is smooth and thickened. Mix ingredients for meat balls thoroughly; shape mixture into balls about 1½ inches in diameter. Brown meat balls in butter. Place on top of lima beans in casserole. Pour sauce over all. Bake in a slow oven, 325°, for about 45 minutes. Makes 6 servings.

gourmet macaroni

Macaroni and cheese with a difference...

1 7-ounce package macaroni	1 tablespoon parsley flakes
1/4 cup butter	2 tablespoons diced pimiento
3 tablespoons flour	1/4 pound (1/2 cup) mushrooms, sliced
1 teaspoon salt	1/4 cup buttered dry bread crumbs
1/8 teaspoon pepper	
2½ cups milk	
1/3 cup Blue cheese	

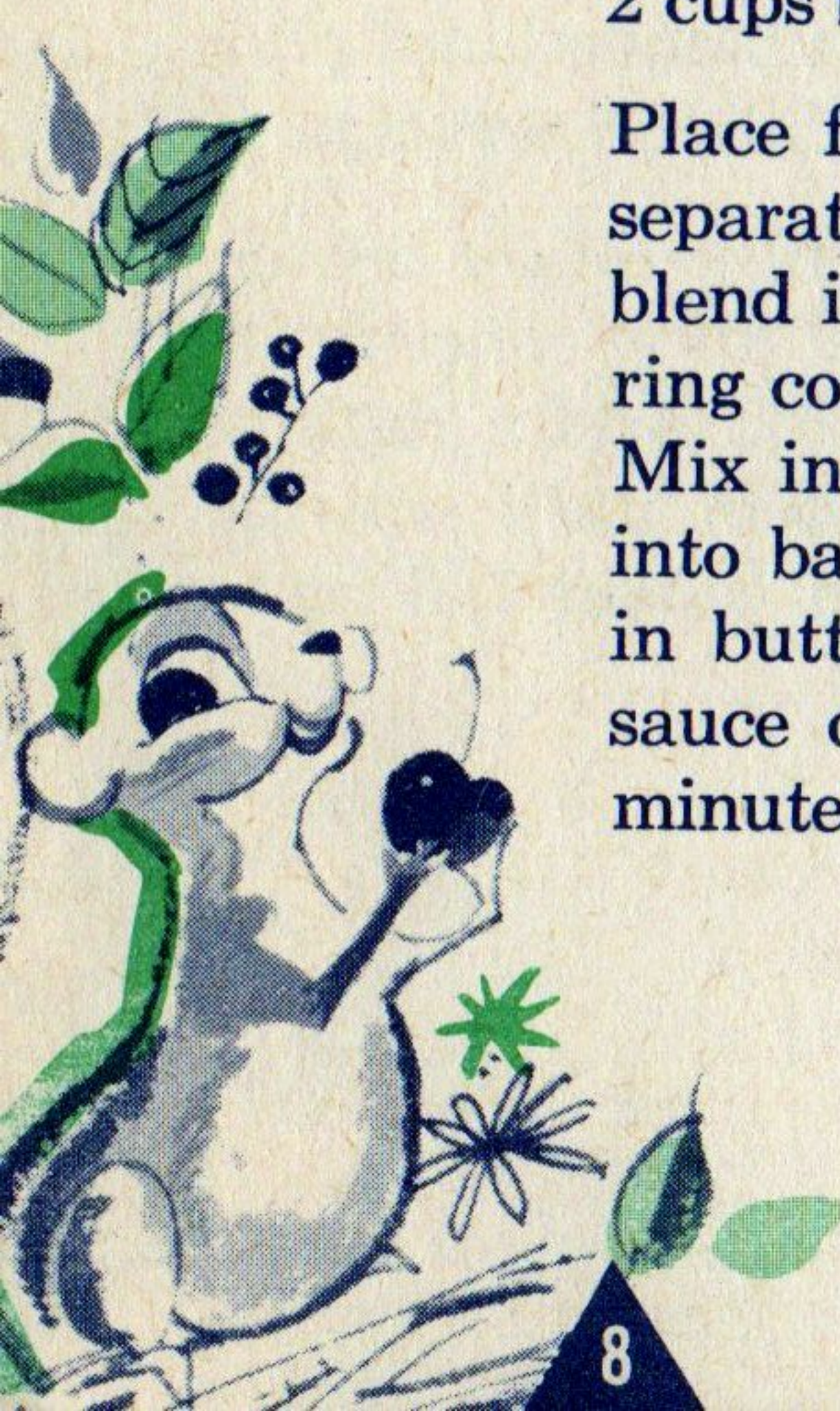
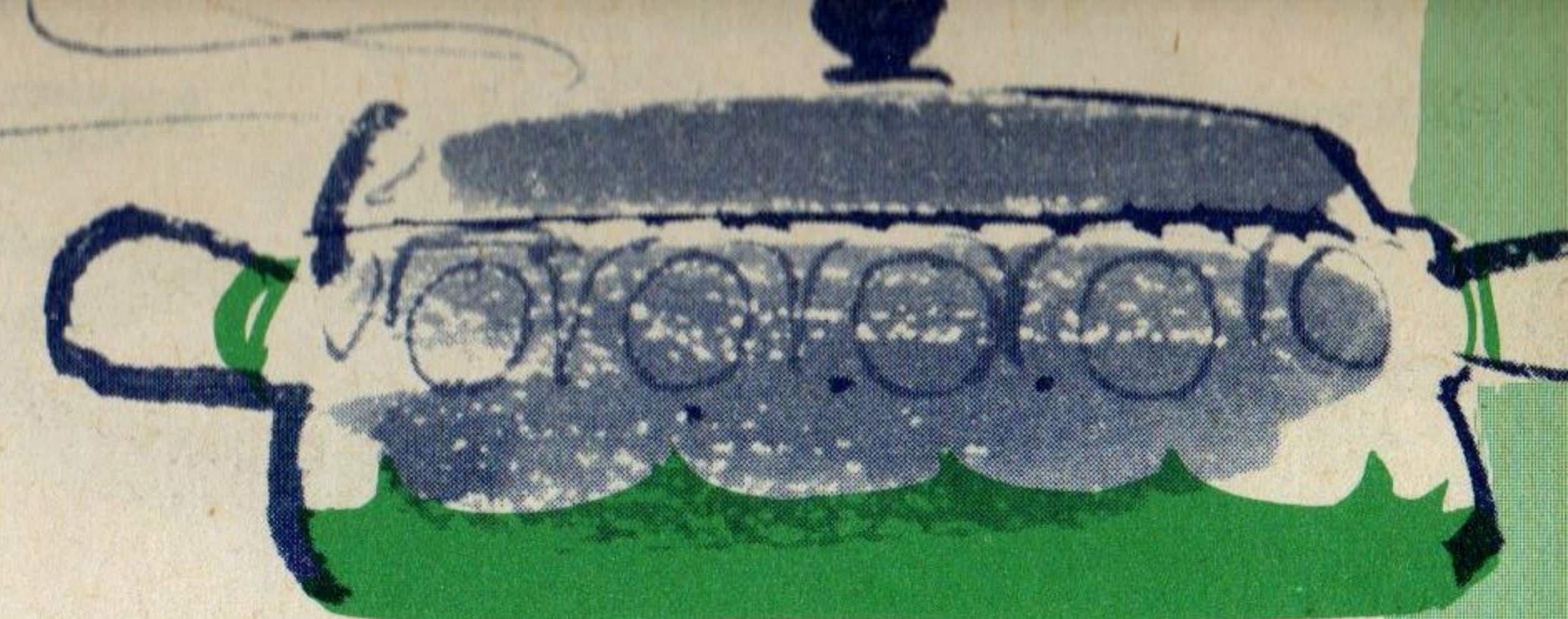
Cook macaroni according to package directions; drain and pour into 1½-quart casserole. Melt butter over low heat; blend in flour and seasonings. Add milk, stirring constantly, and cook until sauce is smooth and thickened. Add cheese and stir until melted. Add parsley, pimiento and mushrooms. Pour sauce over macaroni, stirring with a fork to completely cover. Top with buttered crumbs. Bake in a moderate oven, 350°, for 30 minutes. Makes 6 servings.

terrace potatoes with chops

Cheese, catsup and nippy seasonings give these potatoes an unusual flavor.

6 medium potatoes, peeled and sliced thin	1/8 teaspoon pepper
1/4 cup butter	Dash of Tabasco
1/4 cup minced onion	1 teaspoon Worcestershire sauce
2 tablespoons flour	1/4 cup catsup
2 cups milk	2 cups shredded sharp American cheese
1 teaspoon salt	
	6 large pork chops

Place thinly sliced potatoes in 9 x 12-inch baking dish. Melt butter in saucepan over low heat; cook onion in butter until transparent; blend in flour. Add milk stirring constantly and cook until sauce is smooth and thickened. Add seasonings, catsup and cheese; stir until cheese is melted. Pour sauce over potatoes. Trim extra fat from pork chops and use to brown chops; place on top of potatoes. Cover and bake in a moderate oven, 350°, for 1/2 hour. Remove cover and bake 1/2 hour longer. Makes 6 servings.



Salads To Go...

They can be simple finger foods—chilled tomatoes . . . crisp carrot and celery strips . . . apples or oranges . . . hard-cooked or deviled eggs . . . but for compliment raisers serve . . .

cottage potato salad Creamy cottage cheese adds flavor and nourishment to this popular picnic salad. Make your favorite cold potato salad. Add 2 cups (16-oz. carton) of creamed cottage cheese for each 3 cups of potatoes used. Chill well. Makes 6 to 8 servings.

sour cream slaw

1 cup dairy sour cream	1 tablespoon vinegar
2 tablespoons sugar	2 tablespoons minced onion
1/2 teaspoon salt	Few grains cayenne
1/8 teaspoon pepper	4 cups shredded cabbage

Blend sour cream and seasonings. Pour over shredded cabbage and mix. Chill. Makes 6 servings.

nippy cheese mold

A main dish salad ideal for a summer luncheon on the patio.

2 tablespoons (2 envelopes) unflavored gelatin	1/2 teaspoon paprika
2 cups milk	1 tablespoon vinegar
1/2 cup catsup	1 cup diced celery
2 cups (1 16-oz. carton) creamed cottage cheese	1/2 cup green pepper strips
1 teaspoon salt	1/2 cup thin radish slices
	1/2 cup shredded carrot
	1/4 cup minced onion

Soften gelatin in 1/4 cup cold milk; dissolve over hot water. Heat remaining milk to lukewarm; add gelatin. Stir in catsup, cottage cheese, salt, paprika, and vinegar. Cool until slightly thickened; fold in vegetables. Pour into buttered 2-quart mold. Chill until firm. Makes 8 to 10 servings.

for a crisp green picnic salad Wash greens carefully, drain and pat dry. Place in a plastic bag and chill. Carry to picnic in an insulated container with other cold foods or ice cubes. Place in bowl and toss with dressing.

blue cheese dressing for tossed salads Mash 1/4 pound Blue cheese. Blend in 1 small clove minced garlic, 1 teaspoon salt, 1/2 cup salad oil, 1/4 cup vinegar. Beat smooth. Fold in 1 cup dairy sour cream. Cover and chill. May be stored in refrigerator 7 to 10 days. Makes 2 cups.

Desserts To Keep Frozen...

America's favorite dessert, ice cream, is ready to serve just as purchased, in a wide variety of delicious flavors; and it's easy to serve—picnic style. Ice cream is safely carried to a picnic if properly packed in dry ice. Many dairies pack ice cream for large groups in a specially insulated carrier. Or fashion one yourself using an insulated bag with a few pieces of dry ice slipped inside. Here are some ideas for ice cream picnic-party style.

portable sundaes Scoop vanilla ice cream into paper dessert dishes. Offer a variety of toppings, such as: frozen strawberries or raspberries (take frozen and let thaw on way to picnic), chocolate sauce, crushed pineapple, chopped nuts. Each person may select his favorite topping or combination of toppings.

party cones For a children's party, ice cream cones are always the favorite. Purchase cones at your grocery. Press ice cream firmly into cones. Fill small dishes with toppings, such as: crushed graham crackers, chopped nuts, flaked coconut, chocolate sprinkles, cinnamon hearts, etc. Each child may dip his cone into the topping of his choice to make a Party Cone.

picnic parfaits Prepare parfaits at home and freeze in your freezer for backyard serving. In tall paper drinking cups, (the waxed, or plastic coated type) alternate scoops of ice cream with fresh or partially thawed, frozen fruits of your choice, or a favorite sundae sauce. Top with a swirl of whipped cream and a maraschino cherry. Place in freezer until ready to serve.

dessert in the hand Purchase ice cream in round or rectangular pints. Keep frozen in dry ice until ready to serve. Then, slice each pint into four servings and place each slice between two large chocolate cookies. Serve as ice cream sandwiches. These can be made ahead and stored in a freezer until picnic time.

cantaloupe ice cream bowls For two servings, cut chilled cantaloupe in half and remove seeds. Fill cavity with large scoop of vanilla ice cream. No dishes needed!



Picnic Quickies...

It may be the easy-to-fix "extras" that make an informal outdoor meal something your neighbors and friends will rave about.

raclette-appetizer supreme For that special picnic! Place a 2-pound square of Swiss or sharp American cheese on a flat pan (a skillet will do). Set beside the fire (on a rock or small table) with a cut side facing the fire, close enough so the cheese will start to melt. Prepare a tray of finger foods to be used as "scrapers": carrot and celery sticks, radishes, cucumber strips, bread sticks, etc. Provide small paper plates. As the surface of the cheese melts, each diner chooses the "scraper" of his choice from the tray and scrapes off some melted cheese. Salt and pepper should be handy for those who want it.

cottage cheese topping for baked potatoes To 1½ cups creamed cottage cheese, add 2 tablespoons minced chives, or green onion tops and 1 teaspoon celery salt.

maple butter for pancakes Melt 1/2 cup (1 stick) butter over low heat; stir in 1 cup maple-blended syrup. Heat to serving temperature and serve hot over pancakes.

sour cream fruit salad dressing Fold into 1 cup of dairy sour cream: 1 teaspoon grated orange rind, 2 tablespoons orange juice, 2 tablespoons lemon juice, 1 tablespoon honey, 1/2 teaspoon dry mustard and season with salt and pepper. Chill. Serve on fruit salad.

fruit and cheese kabob dessert Alternate cubes of cheese with chunks of fruit on wooden or metal skewers. Good combinations are pineapple chunks and Gouda or Edam cheese, bananas with sharp American cheese, pears with Swiss cheese, grapes with brick cheese.

MENUS...



* campers' brunch

Whole Oranges
Egg and Cheese Scramble (p. 5)
Bacon
Fried Biscuits (p. 5)
Honey Butter
Hot Brownie Milk (p. 7) Coffee

* backyard barbecue

Barbecued Spareribs (p. 4)
Cottage Potato Salad (p. 10)
Sliced Tomatoes
Celery-Herb Buttered Bread (p. 6)
Picnic Parfaits (p. 11)
Milk

* friday night cook-out

Herbed Fish Filets (p. 3)
Potatoes Deluxe (p. 3)
Medley of Foil-Cooked Vegetables (p. 6)
Sour Cream Slaw (p. 10)
Bread and Butter
Cookies
Coffee Almond Cooler (p. 7)

* dinner on the patio

Patio Chicken 'n Mushrooms (p. 8)
Herb-Buttered Tomatoes (p. 6)
Tossed Green Salad with Blue Cheese Dressing (p. 10)
Curry Buttered Bread (p. 6)
Cantaloupe Ice Cream Bowls (p. 11)
Milk Coffee

* luncheon on the terrace

Curried Tomato Appetizer (p. 7)
Nippy Cheese Mold (p. 10)
Hard Cooked Egg Wedges
Hot Rolls Butter
Fresh Strawberries topped with Dairy Sour Cream
Milk

* You will find recipes on pages as noted

...and more menus

* picnic for the kids

Cheese Stuffed Burgers on Buttered Toasted Buns (p. 3)
Potato Sticks
Individual Molded Fruit Salads in Paper Cups
Carrot Sticks Pickles
Party Cones (p. 11)
Milk

* supper on the beach

Barbecued Hot Dogs in Buttered Buns (p. 4)
Corn-on-the-cob, Roasted in Foil
Tomato Wedges Green Onions
Dessert in the Hand (p. 11)
Milk

* portable picnic dinner

Gourmet Macaroni (p. 9)
Buttered Green Beans
Orange and Apple Salad
Sour Cream Fruit Salad Dressing (p. 12)
Celery Curls
Bread and Butter
Chocolate Brownies
Milk

* neighborhood get-together

Raclette-Appetizer Supreme (p. 12)
Barbecued Chuck Steak
Potatoes Baked in Foil with Cottage Cheese Topping (p. 12)
Tossed Vegetable Salad
Relish Tray
Garlic-Cheese Bread (p. 6)
Portable Sundaes (p. 11)
Milk Coffee

* campfire supper

Cheese and Bean Skillet (p. 5)
Sliced Tomatoes and Green Peppers
Toasted Rolls Butter
Fresh Fruit
Cookies Milk

You will find recipes on pages as noted

Notes to an outdoor chef

EQUIPMENT: Count noses and check your menu... then make a list. Remember long-handled forks and tongs, potholders... and the food. You'll need for...

FIRE MAKING: Paper, matches, and kindling or plenty of charcoal. Start your fire early. It may take from 30 to 45 minutes to develop a good bed of coals. Start to cook when coals are glowing gray-white with heat. To control cooking temperature, increase or decrease the distance between food and coals. When long cooking is needed, you may have to add more fuel. Extra charcoal may be brought to the glowing stage in a separate bucket. Add as needed to maintain temperature.

FOOD COOKERY: Soap for the bottoms of all pots to make them easier to wash. Use green wood sticks as skewers; for an inexpensive grill try a wire cake rack or chicken wire. Use foil to line pans, as serving dishes, and to wrap leftovers. It's nice to have a cover-up apron for the cook, at least one damp rag or sponge held ready in a plastic bag and plenty of paper towels.

FOOD SEASONING: Salt and pepper (now available in individual packets). And don't forget all the seasonings called for in your recipes. Butter is easily carried in a sealed jar.

SERVING: Why wash dishes? Use paper dishes and disposable plastic or wooden forks and spoons all the way.

SAFETY:* The fire that cooks your meal can also be a destructive demon. To prevent forest fires, observe these safety rules as you...

MAKE A FIRE: Clean up the picnic spot... be sure all broken glass and flammable materials are corralled. Build the fire in a safe clearing, keeping a circle of bare ground at least one foot beyond the fire edge. Never build against a tree. Use designated cooking spots when in parks.

COOK: Use long-handled fork or tongs to turn meat or foil-wrapped packages of food. A long-handled shovel is helpful for spreading the hot coals or for adding fuel. When basting with sauce or cooking fatty meats directly on the grill you can prevent dangerous flaming. Before building the fire, fill the fire pit with a layer of coarse gravel or fire bed composition material. Pile fuel in the center of the bed and start fire. When the coals are glowing, spread out leaving about 1½ inches between coals. When fat or sauce drips it will not "flame" excessively.

DEPART: After everyone is well fed and it's time to wander home, *put your fire out completely!* Use dirt or sand first, then water. *Never throw water directly on hot coals.* Test to see if the fire is completely out by feeling the ashes with your bare hands... they should be cool to the touch. Look around, don't be a "litter-bug"

*It's wise to carry along a first aid kit.

